



Winnipeg metro

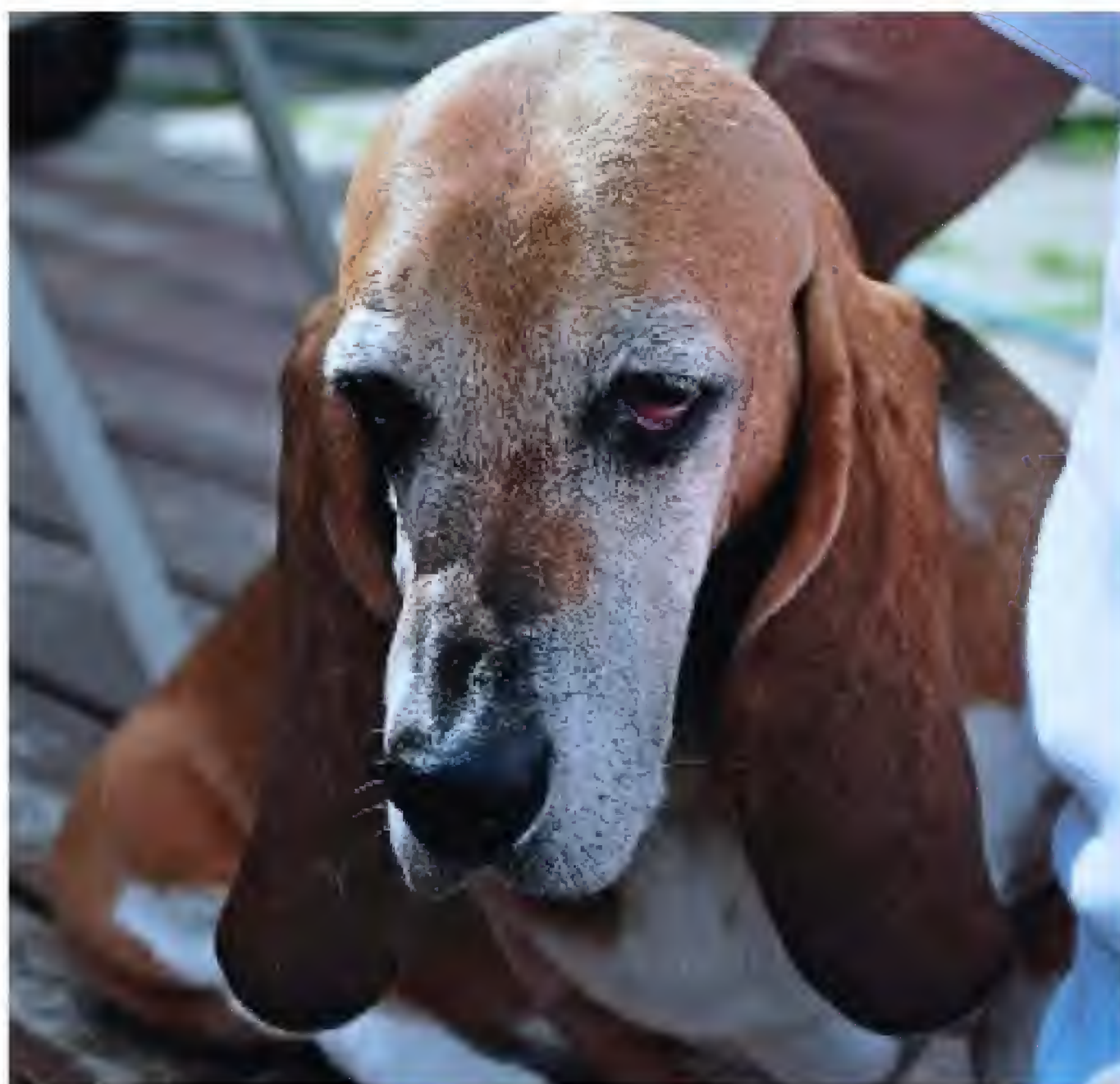


**INTERNATIONAL
REFUGEE DAY**
A glimpse into the lives
of displaced people
metroNEWS



Your essential daily news | MONDAY, JUNE 20, 2016

High 22°C / Low 12°C Sunny ☀️

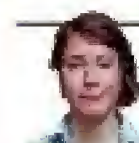


Molly the basset hound, who doesn't look all that impressed that she shares her name with several hundred dogs in the city. Molly, who is a rescue, has a name that is in the top five for popular dog names in Winnipeg. ELISHA DACEY/METRO

Meet Molly the dog (one of 791)

PETS

Popular names, breeds revealed in licensing records



**Stephanie
Taylor**
Metro | Winnipeg

Chances are if you live in Winnipeg you'll make the acquaintance of a dog named Charlie or a cat called Smokey.

Or, if you're really lucky — a dachshund named Jack Layton.

The former were among the top names chosen by pet owners according to 2015 and 2016 licensing records from the city.

Out of the 51,447 canines licensed last year, Labrador retrievers and German shepherds were the most popular of the more than 240 breeds.

It may come as no surprise

that cat owners' purr-furr vacuuming the least amount of hair as possible, as indicated by domestic shorthaired felines being the No. 1 most licensed cat of the city's known 25,300 kitties.

Of the more than 55 cat types, Siamese was among the most popular.

When it comes to naming, some pet owners stuck with the predictable, while others flexed their creative muscles and showed off their senses of humour.

Charlie and Molly proved popular with both dog and cat owners.

Some of the more one-of-a-kind names ranged from a shih tzu called Chuck Norris to Virgil the Corgi and a shih tzu dubbed Joan of Arc.

Fidel Catro, Audry Hepcat, as well as Paul Mcatney and Linda Mcatnie were a few of the feline namesakes inspired by celebrities and politicians.

Even the legacy of late hockey legend Gordie Howe is alive

in one of the nine lives of a local housecat.

Pet licensing funds the services offered by the city's animal services agency, which includes housing for dogs, a pet adoption program, and a contract with the Humane Society for additional care, according to agency chief operating officer Leland Gordon.

On Monday, the agency will present its business plan to the innovation committee, which includes details around a \$5 increase to dog licensing to \$36 from \$31 for fixed dogs, and \$71 from \$66 for what a report calls "intact" dogs.

Gordon told Metro most owners renew their pet licences annually, but estimates there are "several thousand" who do not, for reasons like a pet has died or been rehomed.

**SEE THE TOP FIVE
BREEDS AND NAMES
ON PAGE 4.**

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TAX EVASION

Manitobans fined \$2M over contraband cigs

The Manitoba government says two men have been fined more than \$2 million after being found guilty of possessing almost one-million contraband cigarettes.

Craig Blacksmith and Tammy Walters were each convicted of offences under Manitoba tobacco tax laws.

Manitoba's Finance Department says each man has been given 10 years to pay the fines and penalties.

The charges stem from a

2014 raid by RCMP and provincial tax investigators on a smoke shop at Dakota Plains First Nation.

Along with the cigarettes that did not have a Manitoba tax stamp, authorities also seized 1,845 tins of chewing tobacco, six firearms, cash and one vehicle.

The issue of illegal cigarettes has cropped up across Canada with several provinces moving to shut down the untaxed trade. **THE CANADIAN PRESS**

DEVIN HALL TRIAL

Dead man's testimony heard via video in court

The murder trial of Devin Hall has heard testimony from a dead man about the potential motive for the killing of Jeffrey Lau inside a popular Winnipeg restaurant.

Jurors were shown a videotaped statement to police made by Lau's friend, Justin Latinecz, who was one of five friends sitting with the victim when Lau was fatally shot at a Salsbury House restaurant in 2012.

Court was told Latinecz was himself murdered in 2013; the case remains unsolved.

On the videotape, Latinecz told police Lau, who was 23, dealt cocaine in large quantities and didn't like sharing his profits with suppliers from Winnipeg or Vancouver.

He said he wasn't aware that his friend had any drug debt.

Latinecz described Lau as someone who kept to himself and trusted few people fully.

Another of the friends in the

restaurant was also shot but survived. He told court earlier in the trial the shootings were a targeted hit on Lau.

Latinecz was not able to tell police who he thought may have committed the crime but said he saw the shooter get into the backseat of a grey car and take off.

Hall, 28, is on trial for first-degree murder and attempted murder.

Hall's lawyer, Martin Glazer, pointed out potential similarities between the killings of Lau and Latinecz, noting both happened in Winnipeg and in both cases, a second person was shot and survived.

Glazer told court Latinecz was killed almost exactly one year after Lau was shot and he said Hall could not have been responsible because he was already in custody.

The trial continues Monday.

CJOB/THE CANADIAN PRESS

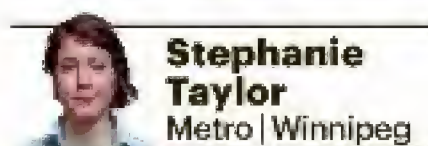


Renovations to 245 Smith St., new home of Winnipeg Police Service, contributed to bump in the amount of greenhouse gases emitted by city buildings. **METRO FILE**

Emissions growing

CLIMATE CHANGE

City spewing carbon dioxide more than ever



Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg is a far cry from meeting its climate change targets, spewing out nearly the same amount of carbon dioxide it once planned to reduce, according to a new report.

Councillors on the water and waste committee will be presented with the report on Tuesday, which provides an update

on the city's corporate climate change action plan.

Plans to cut back on the city's emissions of greenhouse gases were first introduced in 1998 and updated 10 years later when council voted in a strategy to slash its output of carbon dioxide by a total 40 per cent.

Tuesday's report says in 2013, city staff found greenhouse gas emissions were more than 43 per cent above its 1998 goal, noting an increase of 20.5 per cent since 2007.

A more detailed breakdown shows in 2007, the city emitted 59,535 tonnes of carbon dioxide

through its buildings, vehicles, lights and traffic signals, as well as processing of water and waste.

By 2013, emissions were up to 71,832 tonnes of carbon dioxide, well above the city's goal of keeping levels below 43,055 tonnes.

"This recent growth in emissions is primarily a result of an increasing reliance on fossil fuels for building operations

associated with construction, acquisition and expansion of City buildings and was exacerbated by colder than average temperatures in 2013," the report reads.

It illustrates that between

2007 and 2013, the city built 10 new facilities, and purchased the former Canada Post headquarters at 245 Smith St., which has since become the new home of the Winnipeg Police Service after millions spent in renovations.

Upgrades to the city's water pollution control centres, and a one-time increase of natural gas use at the Millennium Library to construct a parkade, were also factored into the spike in the greenhouse gases.

Staff recommend that a collaboration between administration and the new climate change working group, chaired by Coun. Jenny Gerbasi, be struck to develop new climate change targets and timelines.

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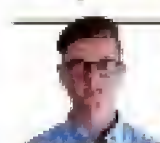
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metro

Reaching out to residents for transportation chats

POLITICS

Informal way to engage the community, says councillor



Braeden Jones
Metro | Winnipeg

In a sun-filled room of The Forks tower atrium, Coun. Janice Lukes held a different kind of committee meeting over lunch.

She chairs the Infrastructure Renewal and Public Works (IRPW) meeting in city hall each week, but on the third Thursday of each month since February has taken her lunch down to The Forks to talk shop with Winnipeggers.

"It's been very interesting," Lukes said of the informal transportation meetings she's hosted.

Themes included winter maintenance of bike and walking paths in January, transit and rapid transit in February, the 2016 budget and road projects in March, active transportation in April, the pedestrian and cycling strategy in May and the Transportation Master Plan this month.

"For me, I like to hear what the people are thinking and like to get that perspective," Lukes said. "I hear the perspective of my (council) colleagues, but I like to hear the perspectives of people who are out there too."

As a former active transportation advocate, she said she understands how people like to have informal and unfettered access to a councillor.

"I would come out any time I could get them," she said.

And despite her chair in the council chamber, she's remem-



Janice Lukes speaks with Winnipeggers at The Forks, something she does every month. BRAEDEN JONES/METRO

bered that and opened herself up to anyone interested to join her for a chat.

"I had people coming from the engineering community, I had a lot of consultants come out, I had retired people, basically all ages — not kids — but all over the board," she said. "These are people who are interested, they've got history and they're active in it now."

In particular with the IRPW purview, she said they're all subjects people are especially invested in — literally as taxpayers, and directly as users.

"Transportation is so critical, we all use some form of trans-

portation to get around, and we all have things to say about it," she said.

Outside of the "Conversations with the Chair of IRPW" chat



I like to hear what the people are thinking.

Coun. Janice Lukes

series at The Forks, people can set up individual meetings to say their piece, or appear as delegations before council.

Last week, the Hydro land deal to complete the second phase of the city's BRT plans showed Winnipeggers the uglier side of city hall — councillors were criticized for showing their anger, and putting each other down.

And delegations before council — of which there were two — both spoke against the dogleg BRT diversion, which most of council emphatically reiterated its support for by moving forward with the land deal.

Council heard and thanked the delegations for their comments before voting 11-5 in favour of the land purchase, and 12-4 against a motion to cease

BRT development as planned and adjust course.

Lukes voted against the land purchase.

The next day, surrounded by advocates like Mark Cohoe of Bike Winnipeg, she continually asked, "what do you think," and, "what would your take on that be?"

She said as long as there are elected officials, "there will always be a political aspect" to city-shaping decisions.

"But the more we can take the facts, and the data, and the planning and get feedback ... I think that's better in the big picture," she said.

TRUTH AND RECONCILIATION

Equality push opens pathways

True reconciliation between indigenous and non-indigenous people in Canada will require years of ongoing effort but progress is being made, hundreds of people attending a conference on reconciliation were told.

The Pathways to Reconciliation conference in Winnipeg comes one year after the Truth and Reconciliation Commission issued a report on the effects of the residential school system.

Chief Robert Joseph said implementing the report's 94 recommendations and addressing high rates of poverty, disease and incarceration among indigenous peoples is not a short-term project.

"I read an article that said there are still some Canadians contesting the idea that residential schools have anything to do with the chaos and harm and hurt that we find ourselves (facing), and I think 'My God, we've got lots of work to do,'" said Joseph, a hereditary chief from British Columbia and co-founder of Reconciliation Canada.

"When we are reconciled, we will share the wealth and prosperity of this great country."

Joseph said there are many encouraging signs — promises by the federal government to boost funding for First Nations housing, education and other items, as well as steps taken by some provinces to give First Nations more control over child welfare.

He also pointed to an opinion poll earlier this month from the Environics Institute for Survey Research. The survey suggested a growing percentage of non-indigenous Canadians who believe indigenous people experience discrimination on a regular basis comparable to or worse than that faced by other minorities.

The conference was hosted over the weekend in part by the National Centre for Truth and Reconciliation, which houses documents and other materials gathered by the commission. The conference heard from indigenous leaders in other countries who said ongoing effort is needed to maintain public awareness and address inequality.

"Our people are still struggling ... to be able to engage in education, employment, housing and a number of these other issues," said Justin Mohamed, an indigenous leader from Australia.

The Australian government issued an apology in 2008 for the removal of aboriginal children from their families.

"After about two weeks, three weeks, business as usual came about. Our politicians and many members of the public said, 'We said sorry, what else do we have to do?'"

THE CANADIAN PRESS

INSURANCE

Manitoba provider set to increase vehicle rates

A bad year for non-collision claims has prompted Manitoba Public Insurance (MPI) to try increasing insurance rates on vehicles.

The public insurance provider has asked the Public Utilities Board (PUB) for a two per cent increase to the basic rates, which would translate to an increase of about \$17 more in premiums per customer.

"The Corporation experienced an unprecedented 68 per cent increase in comprehensive claims costs," said MPI President Dan Guimond. "Last year's payout

for comprehensive was \$125 million, compared to the previous five-year average of \$74 million."

He said hail claims shot up by about 68 per cent, \$50 million over MPI's projected forecast. There were about 13,000 hail claims last year, compared to 4,000 in 2014.

In a prepared statement, MPI explained that other financial factors that influence insurers negatively influenced their overall financial performance in the 2015 fiscal year.

"Forecasted return for Canadian and U.S. equities was \$14

million or 17.1 per cent below previous forecasted amounts," the release states.

Guimond said higher claim costs combined with that negative financial climate to cause MPI to seek the small rate increase.

"MPI collects premiums to reflect projected claim costs, and we are addressing the business reality that claims costs are continuing to rise," he said.

The corporation also reported a net loss from operations of \$31.3 million in 2015.

If approved, a total of 674,894

vehicles (excluding trailers and off-road vehicles) will receive a premium increase 83 per cent of these vehicles (558,561 vehicles) will increase by \$40 or less.

The average premium for the private passenger vehicle class will be \$1,018.

If approved, this will be only the third overall rate increase in the last ten years. The proposed rates will be effective March 1, 2017 but because renewal dates are staggered, some vehicle owners won't pay the new rates until February 28, 2018.

METRO STAFF

PREMIUMS

The proposed rate changes for various transportation vehicles are:

- Private passenger: 1.7 per cent
- Commercial: 5.4 per cent
- Public: 3.7 per cent
- Motorcycles: -1.7 per cent
- Trailers: 11.1 per cent
- Off-road vehicles: 0
- Overall (applied for): 2 per cent

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Charlie's top of four-legged chart

Just like baby names, pet names go in and out of fashion, too. Right now, according to the City of Winnipeg, the most popular breed of dog in town is a Labrador Retriever and his name just might be Charlie. If you have a cat, it's likely a domestic shorthair, and may be named Smokey.



CATS

1 Top five cat breeds in Winnipeg, according to records of cats licensed during 2015

1. Domestic Shorthair: 17,833
2. Domestic Medium Hair: 2,898
3. Domestic Long Hair: 1,762
4. Siamese: 718
5. American Shorthair: 485

Total cats registered for 2015: **25,300**
Cats registered between January to May 2016: **15,753**

2 Top five cat names in Winnipeg, according to records of cats licensed from January 2015- May 2016

1. Smokey (307)
2. Charlie (284)
3. Max (254)
4. Shadow (248)
5. Molly (236)

Other popular names include:
Cleo, Kitty, Lilly and Tigger

DOGS

1 Top five dog breeds in Winnipeg, according to records of dogs licensed during 2015

1. Labrador Retriever: 6,152
2. German Shepherd: 4,418
3. Shih Tzu: 3,417
4. Golden Retriever: 2,696
5. Border Collie: 2,019

Total dogs registered for 2015: **51,447**

2 Top five dog names in Winnipeg, according to records of canines licensed from January 2016-May 2016:

1. Charlie (875)
2. Bella (820)
3. Molly (791)
4. Bailey (746)
5. Buddy (722)

Other popular names include:
Max, Maggie, Daisy and Zoey

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ENDROIT/LOCATION: Centre communautaire de Saint-Norbert / St. Norbert Community Centre

ADRESSE/ADDRESS: 3450, chemin Pembina / 3450 Pembina Hwy

DATE/DATE: Le lundi 27 juin / Monday, June 27

HEURE/TIME: 18 h à 20 h / 6:00 pm to 8:00 pm



5 4 6 8 7 9 6



Eli Danny Roy Mercer is Fort McMurray's newest resident.
CONTRIBUTED

HEALTH

Fort McMurray's newest little resident



The first baby has been born in Fort McMurray's hospital since the city was evacuated in early May.

Eli Danny Roy Mercer was born Friday morning at the Northern Lights Regional Health Centre weighing 6 pounds, 7 ounces. Eli is the second child for Melissa Tay-

lor and Steven Mercer, who say they're grateful he could be born in their home community.

"It was the deciding factor for us to come home, knowing that the hospital was back up and running," Taylor said, in a press release from Alberta Health Services. "I didn't want to have my baby anywhere else."

Juanita Pilgrim, manager of the maternity/child unit, said the birth marks a return

to normal for hospital staff.

"We're all caregivers, it's what we do. We're so glad to be back doing our jobs and able to support moms in labour and help bring babies into the world. Fort McMurray is our home, too," she said, in the same release.

Emergency services at the hospital resumed on June 1, and core regional health-care services, like obstetrical, pediatric and inpatient psych-

iatry services, followed two weeks later.

The hospital will return to providing full comprehensive services next week, and will start bringing long-term care patients back on June 23.

Alberta Health Services said that those previously asked not to return to the city — including children under 7, and those with a chronic or acute medical condition — can now go home safely.

Scrutiny for pension plan

RETIREMENT

Feds seeking to expand program

Kent Peterson would forgive anyone who might think he's got nothing to worry about when it comes to his retirement — or, for that matter, what happens to the Canada Pension Plan.

After all, the 27-year-old has a unionized, full-time job with the Saskatchewan Federation of Labour. Most folks would likely assume he has a robust workplace pension plan to help him save for his golden years.

Except he doesn't. "I'm relying solely on the CPP," Peterson admitted in an interview. "I've envisioned my retirement, and it's not happy and rosy, to be honest with you."

Peterson will be watching the outcome of meetings Sunday night and Monday as the country's finance ministers try to hammer out a preliminary

agreement on an expanded Canada Pension Plan — one that's likely to include higher benefits and an increase in the premiums that come off the paycheques of workers.

One central issue: whether to impose an across-the-board change on all workers and employers, or to more selectively target those Canadian workers who are the least likely to save.

Federal research has suggested the latter group tends to be under the age of 30, earns between \$55,000 and \$75,000, and either doesn't save enough or lacks access to a workplace pension plan.

The federal and provincial governments are looking at a possible increase in the \$55,000 cap on annual maximum pensionable earnings, which would result in both higher premiums and increased pension benefits.

Don Drummond, a professor of policy studies at Queen's University in Kingston, Ont., said he believes the current cap is too low.

THE CANADIAN PRESS



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August 23 – Casati

August 30 – Kenzie Jane

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\$45B

Total contributions to the Canada Pension Plan in 2015

\$38.7

Total benefits paid out to eligible Canadians in 2015

5.3M

Total CPP beneficiaries in 2015

\$1,092.50

Maximum monthly benefit payout in 2016

\$19.97

Maximum monthly benefit payout in 1967

\$1.3B

Cost to operate CPP in 2015

65.3 MILLION

This is the number of displaced people around the world — almost twice the size of the Canadian population.

That number is the highest since the Second World War, despite a slowing rate of increase, a new report from the United Nations Refugee Agency says. If the entire population of refugees and migrants were a country, it would be the 21st largest in the world, the report says. The numbers, and the stories of those affected around the world, paint a harrowing picture. **METRO**

WHERE ARE THEY COMING FROM?

54%

Of refugees come from these three countries

Somalia
1.1 MILLION

Syria
4.9 MILLION

Afghanistan
2.7 MILLION

TOP HOSTS

1. Turkey 2.5 MILLION
2. Pakistan 1.6 MILLION
3. Lebanon 1.1 MILLION
4. Iran 979,400
5. Ethiopia 736,100
6. Jordan 664,100



On average 24 people were displaced from their homes every minute in 2015

CHILDREN

98,400

This is the number of unaccompanied or separated children. This was the highest number on record since the UN started collecting such data in 2006

GRAPHICS: ANDRES PLANA/METRO



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Ifara and Ismael

Central African refugee Ifara Antoinette, 41, attempts to comfort her one-year-old baby boy Ismael shortly after he was tested for signs of malnutrition. Thousands of refugees from the Central African Republic are gathered in an encampment on the banks of the Oubangi River in Gbangara spontaneous site in Equateur province, the Democratic Republic of Congo. B. SOKOL/UNHCR



Ziad — struggling to stay warm



Syrian refugee, Ziad, 45, and his children, Tarek, 6, Mustafa, 7, and Hamzi, 3, look out from their shelter while trying to find warmth, in the Bekaa Valley, Lebanon. "We live in this tent out of necessity," Ziad said of the tent's conditions ... We are trying to keep warm but as you can see we don't even have wood to burn." UNHCR

Rule — a Daesh survivor

Rule, a Yazidi woman who was kidnapped by Daesh, pictured in a northern Iraq camp. She and her two grandchildren were released in January 2015. Her 35-year-old daughter is still being held, and is believed to have been taken to be sold in Raqqa, Syria. She raised her daughter as a single mother, after her husband's death in the Iran-Iraq war 34 years ago. A. MCCONNELL/UNHCR



Haqmal the young scholar



This is Haqmal (centre), a six-year-old returnee from Pakistan, and his friends. He attends the Ansarul-Momineen School in, Kabul District, Afghanistan. Haqmal says he loves school. "Writing is my very best subject," he says. "I love cricket. I used to play cricket all the time in Pakistan." UNHCR

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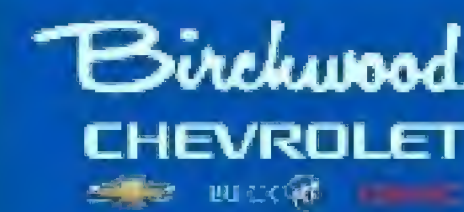
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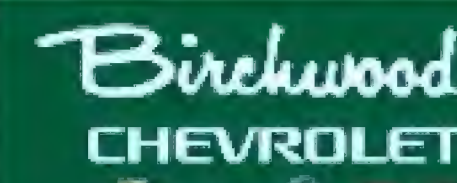
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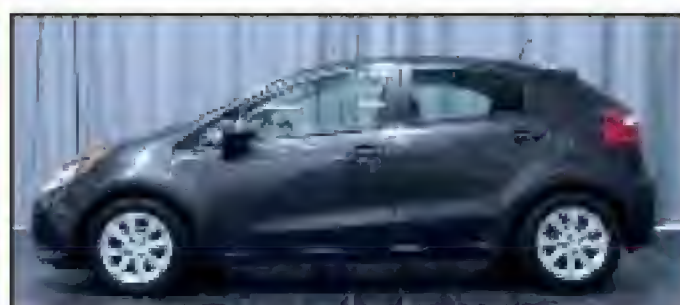
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

While cycling, I almost got doored by a passenger in a cab. I decided not to say anything, but the cyclist behind me went ballistic on my behalf. Should I have engaged the offenders? How does one do that politely?

Dear Ellen,
I am a cautious cyclist and obey all the rules of the road. But I recently nearly got doored when a cab pulled into the bike lane and the passenger opened the door to get out. I stopped in time, with my front wheel touching the inside of the car door. The passenger was surprised but nobody got hurt. I was in a mild state of shock and kept going without saying anything. Then I heard the cyclist behind me pull up and start screaming and swearing at the cab, which was also upsetting. My question is: Should I have said something? How do you effectively and politely tell the offending motorist what's what?

Signed,
Cathy

Dear Cathy,
Your letter makes me love Canada, for where else could a law-abiding citizen be as upset about public profanity as with almost being killed?

The fact is, getting doored is extremely upsetting, but it can also be shocking and sometimes physically dangerous for the car driver or passenger — which can give some satisfaction to some of us. In general, in the aftermath of near-dooring, you needn't feel bad about riding off without saying anything. There are precious few times in life when a person is entirely in the right and entitled to some sharp words with someone who is entirely in the wrong, but if in the moment you choose for whatever situational, spiritual or emotional reason to believe that the door-opening party has experienced a highly teachable moment and is unlikely to repeat the mistake, with or without a verbal dressing-down from you, you're certainly within your rights to invoke the no-harm-no-foul principle.

But close shaves with cabbies might require extra cor-



rective action. Cab drivers, of all people, ought to know the hazards cyclists are subject to. And, as drivers responsible for the safety of their passengers, they should always check the curb lane for two-wheeled traffic before allowing their charges to exit. As for those who fail in this regard, even to the point of pulling into a dedicated, delineated bike lane to disgorge a human being into the paths of hurtling cyclists — well, screaming and swearing are unlikely to educate such selfish, oblivious boobs, but I wouldn't blame any upset cyclist for trying anyway.

I myself prefer to inflict a different kind of torture to offending drivers. Any time a car cuts me off, nearly doors me or startles me with honking, I deliver a long, extremely polite lecture, in very simple language, as if I were speaking to an exceptionally stupid

alien from a planet without bicycles. I find this to be a relaxing exercise that always helps to take the edge off my anxiety after someone has almost killed me.

Sometimes the exercise is more exercising than relaxing, as when, in order to deliver my helpful lecture, I have to chase the car for a block or two, then circle around to the front of the vehicle to trap them at a light, or block the driver door if they've pulled over to park. Once, when I was younger and fitter, I chased a pickup truck for at least a kilometre, and managed to catch up and confront the driver as he was getting out of his vehicle. Boy was he surprised. In fact, when I politely started to ask him why he'd almost run me over, he started screaming and swearing at me. Actually, as he started to advance on me, it was lucky

I was still on my bike so I could ride away before he had time to reach me on foot or get back into his over-amped truck and chase me.

Looking back, I now see that risking my life a second time in a bid to educate a driver might not have been the wisest thing. And I probably contributed to his almost running over any number of cyclists after that.

Actually, Cathy, I think your riding off without a word was the right thing to do. Thankfully, the majority of drivers are careful and responsible around cyclists these days, so when you encounter a bad one, it's probably best to leave quietly and in one piece while you still can.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Even by the standards of jargon, 'deep dive' is as shallow as it gets

Finance Minister Bill Morneau, rest assured, has this housing marking crisis under control. You can tell by his evocative language.

"We're making sure that we have a deep dive into the information to ensure that any considerations we have for change are evidence-based," he said this week.

Deep diving is now de rigueur, it's en vogue, it's reached new heights. In the space of a day of radio broadcasting, one reporter noted medical students taking a deep dive into HIV and AIDS policy and a listener to a call-in show talked of a deep dive in post-secondary funding. And the New York Times published a recent "Deep Dive Into Benjamin Zander's 'Shining Eyes.'"

Everywhere you look, people are strapping on the intellectual scuba gear. Online slang dictionaries peg the earliest metaphoric, non-aquatic use of the term to 2009. Katherine Barber, founding editor in chief of Canadian Oxford Dictionary, hadn't yet had the pleasure of encountering this slang when I called her up last week, but it didn't take too long to confirm its soaring status.

"Yes, it is increasing in frequency in use," she said, after consulting the Corpus of Contemporary American English. "It is a buzzword, isn't it?"

Most of the recent mentions were from news reports, she noted, though we both

agreed it sounded like a business term (run amok, I added).

And, of course, it's apparently already over.

The business website The Muse dubbed it a word to stop using way back in 2013: "Do you need a wetsuit for that? Why use such a metaphorical phrase when you could just say you'll investigate something?"

My thoughts exactly. Deep diving reeks of trying too hard to sound down with the lingo, and already sounds cliché. In this era of quick hits and hot takes, to promise a "deep dive" is to immediately raise suspicion about the dive's true depth. What are you doing the rest of the time, Mr. Morneau? Shallow diving with a snorkel?

Barber is kinder to deep diving than am I. "It's very evocative, right? You have an image of your head of the scuba diver going way, way down to the bottom of the ocean to look at things."

Of course, she's right. A deep dive is far more cinematic than a close look. It might work in a boardroom, where people are always circling back, working on a go-forward basis and executing actionables. But as language that's supposed to assure me we're serious about addressing the 37 per cent jump in Vancouver home prices in just the last year, for example?

I'd rather, Morneau, that you simply investigate.

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Workout for fighting White Walkers

HEALTH

Game of Thrones trainer offers tips for staying fit

Kit Harington's trainer knows nothing of Jon Snow.

That's because celebrity fitness expert Dalton Wong doesn't watch Game of Thrones, the HBO drama starring his client.

Though several actors from the popular fantasy epic work out at the Victoria B.C.-bred trainer's U.K. studio, Twenty Two Training, Wong doesn't care whether they defeat the White Walkers or "always pay their debts."

"People ask me a lot of questions about (the show), and I truthfully say 'I don't know,'" he says.

Wong is concerned about whether his Game of Thrones clients choose vodka-water or a pint of beer at their next A-list party. Choosing the former is among the many fitness and nutrition tips Wong lays out in his new book *The Feelgood Plan* (Sterling Epicure: \$24.95), written with his client Kate Faithfull-Williams, a health and fitness writer, and featuring a forward by Academy Award-winner and Wong's client Jennifer Lawrence.

What inspired your new book?

It's 20 years of what I've been doing, teaching people how to live a healthy lifestyle. Why people like Kit (Harington) like coming to see me is I teach them those other things that



Trainer Dalton Wong, seen left with Kit Harington of Game of Thrones, took reporter Jonathan Forani (above) through a Game of Thrones workout. TORSTAR NEWS SERVICE

people don't really talk about — like how to go to an A-list party, how to go to the pub, how to drink, how to go out.

What's a celeb tip for going out?

When you go to a pub, don't drink pints, drink bottled beer.

Why is that?

It's portion control. Most diet books tell you "Don't drink and don't eat chocolate." Come on, these guys are Hollywood stars. They want to go and have fun. My thing is to tell them: here's what you

can and can't have, go out and have fun, make sure you're back to work and back to the gym. With that approach, you'll still look good and you'll still feel amazing.

What are some celebrity rules for eating out?

For them, if they're going out drinking, I never let them go out on an empty stomach. If they're going out to eat and they're drinking, they will probably eat a little bit less so they can have a bit more fun. If they're going out drinking, they would have clear spirits

like vodka rather than whisky or rye.

Is that the celebrity drink of choice?

It's just really low calorie. What I like to tell people is if you're out and you have something very clear, no one can tell if it's sparkling water or not.

Let's talk food and the gym. Can you ruin a workout with a pizza?

Yeah. Or you go to the gym and you haven't eaten anything beforehand (mimics

struggling to lift weights) — it's pointless. Lots of people put so much emphasis on the exercise and not about the food.

Should you eat before you go to the gym?

It depends. I don't. I can have a green drink and a coffee, and I don't. That's just my personal preference and I don't lift very heavy weights. If you want to lift heavy weights you do need some fuel in that gas tank. But it's not using Red Bull or (energy supplement) creatine.

TORSTAR NEWS SERVICE

THE MOVES

Reporter Jonathan Forani met with Wong to try what the Star has dubbed the Game of Thrones workout he designed for Harington. The routine features plenty of torso-twisting, similar to movements Harington might have to do on the show.

Here are a few of the exercises:

Bridge lift

On your back, with feet flat on the ground, legs in a 90-degree angle, lift the hips up towards the ceiling until the body is straight. Repeat this motion for one minute, then hold it in the bridge position for one minute.

Side to side

Then, with feet and back flat on the ground, legs in a 90-degree angle, keep the knees together and move them side to side all the way to the ground on the left and then the right. Repeat this motion 10 times.

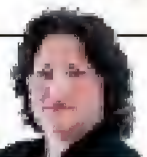
Lunge walks

Crouched down, hands on the floor, with the left leg ahead and the right leg behind, push the left knee out, stretching the groin. Step forward with the right leg, pushing out the knee with your right elbow. Do 10 steps.

MONEY MATTERS

How frugal living helped one woman save \$40K in two years

Gail Vaz-Oxlade
For Metro Canada



One of the pleasures of going on a book tour is the people I get to meet.

Let me introduce you to Jane. I met her on tour for my latest book, *Money Talks*. (Jane isn't her real name, you know that.)

She walked up to me, eyes sparkling, a huge grin on her face. "You saved my life!" she says very matter-of-factly.

"You exaggerate," I grinned at her.

"Only a little," she smiled back at me. "Because of you, I saved \$40,000 in two years so I could buy a home."

"Wow!" I said, very impressed. "How'd you do it?"

"The first thing I did was quit smoking," replied Jane.

"I watched you flush that guy's cigarettes down the toilet a bunch of times and then I did it."

Jane saved just over \$7,000 in two years just doing this.

"I opened up a savings account and called it 'Not Smoking' and every week I moved the equivalent of what would have gone up

in smoke into savings."

She also started to carpool.

"And I started making my trips really count by doing all my errands at once."

"I figure I was saving about \$25 a week in gas alone never mind the maintenance on my car."

Then when Jane's car payment ended, she channelled the money from the car payment into her savings.

"I was spending \$372.27 a month on my car loan. So I opened up another account and called it 'Car Savings' and ended up with \$9,450 in it."

Were there any downsides to

her rabid savings plan?

Yup. There wasn't a lot of going out. And because she took in a student as a roommate, there also wasn't a lot of privacy. Was it worth it?

"It sure was. My roommate saved me \$400 a month on my rent. And I saved about \$270 a month on entertaining myself and my daughter, Julia, at home."

"Let me guess," I said, "another savings account."

"Yes ma'am," said Jane.

"How much?"

"\$6,880."

"You're still a long way of \$40K," said I.

"Not so long" said Jane. "I had some help. I told anyone who would normally give me a present for my birthday or for Christmas to give me \$20 instead to help me get the best present ever: a home of my own."

Another account?

Yup.

"I have wonderful parents who really wanted to help. My father had a huge garage sale and added it to my House Savings account."

How much? \$1,200 in two years. Nice family and friends!

She saved the rest by only shopping for her daughter in secondhand stores, brown-bag-

ging it at work, switching from coffee to tea, and she also stopped buying books and renting movies. She and her daughter go to the library Saturdays.

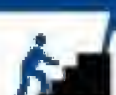
"It's entertainment and we get to bring home stuff."

"Well done," I said.

"Thanks," she smiled. "I couldn't have done it without you."

Actually, she could have, but I was glad to have helped.

For more money advice, visit Gail's website at gailvazoxlade.com

 YOU CAN DO THIS WELDER

'Overall, welding is an artistic trade'

WHY I LIKE MY JOB

Emily Vickers, 26, Pipe Welder/Welding Inspector at Westlake Industries, Burlington, Ont.

I always knew I wouldn't have a traditional job, and when I started welding I thought, 'This is it!'

At the age of 22, I researched where the jobs were before I decided what I wanted to be. I decided to enrol in a year-long welding course at a private trade school. I had never worked with tools before, but the program helped me prepare for government-regulated tests in structural beam welding and simple piping. Currently, I am responsible for welding process piping for stainless, carbon and chrome pipelines. It is my duty to make sure all pipes are rigged and welded seamlessly to be deemed safe for use in the field. I see more women getting into the welding industry each year, which I find very exciting. In my experience, women often have a better eye for detail and, dare I say, make the better welder. The job can be physically demanding, but that doesn't mean that women are incapable. Overall, welding is an artistic trade. I enjoy my job because at the end of the day I can look back and say, 'I built that.'

HOW TO START

A combination of over three years of work experience and post-secondary certification is typically required to be considered a qualified welder in Canada. Students can fast-track into an apprenticeship following a one-year welding techniques certificate program; however, colleges with two-year welding technician or inspection programs also serve as a route to employment.

WHERE YOU CAN GO

Certified welders can expect to find work in a number of environments, including paper mills, ship yards, steel fabrication shops, construction sites and refineries. The recent surge in urban construction has sparked a particular demand for workers who specialize in piping systems. Those with the capacity to work with high-tech welding applications and programmable electronic equipment may find more opportunities for specialty work and career advancement.

NEXT CAREER STEP

Since so many professional industries rely on welders, the trade promotes professional development in several ways. With experience, a certified welder may opt to become a welding inspector, underwater welder, shop supervisor or sole-proprietor. Accredited journeypersons may also qualify for the Red Seal endorsement, enabling workers to practice welding in any province.

Data for this feature was provided by payscale.com, academycanada.com, jobbank.gc.ca and onetonline.org.



THE BASICS: Welder

\$51,193

Median salary of welders in Canada. An apprentice will start at a lower rate but gradually earn more as they pursue their journeyperson certification. Advanced welders can make upwards of **\$85,000**.

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Andy Murray claimed a record fifth title at Queen's Club Sunday as he recovered from a set and 3-0 down to beat Milos Raonic 6-7 (5), 6-4, 6-3

Dustin finally has his day

U.S. OPEN

Johnson earns peace of mind with first major victory

Dustin Johnson settled the score Sunday in the U.S. Open.

Johnson atoned for his past mishaps in the majors by showing he had the smarts to handle the toughest test in golf, even while playing the final two hours without knowing where he stood when the USGA questioned whether he should be penalized one stroke for his ball moving on the fifth green.

Johnson said it didn't. The USGA said it would wait until after the round to decide.

America's most powerful golfer took matters into his own hands at Oakmont, capping off a chaotic and confusing final round by stuffing his approach into five feet for a birdie that made the penalty a moot point.

The USGA ended up penalizing him, turning that 68 into a 1-under 69. The score was irrelevant. He won by three shots.

Finally, he's a major champion.

Johnson scooped up 18-month son Tatum into his arms on Father's Day and raised the silver trophy for all to see.



Dustin Johnson celebrates with partner Paulina Gretzky and son Tatum after winning the U.S. Open on Sunday evening in Oakmont, Penn. DAVID CANNON/GETTY IMAGES

"I've been here a bunch of times and haven't quite got it done," Johnson said. "But today, I did. And it feels really

good."

He saluted a Pittsburgh crowd that was on his side even amid all the uncertainty.

You know, it's not easy to get yourself in a position I got myself in today. It was there for the taking and I didn't take it.

Ireland's Shane Lowry who settled for a share of second after a 6-over 76 and a four-round total of 1-under 279, three shots back of Dustin Johnson.

The grandstands were raucous, with one fan shouting, "What's the call, USGA?" At the trophy presentation, when Fox Sports announcer Joe Buck brought up the penalty situation, the crowd booed.

"I just tried to focus on what I was doing, not worrying about the penalty stroke," Johnson said. "Just playing golf from here to the house."

He slammed the door at the end — a 10-foot par save on the

16th hole to keep his lead at two shots, a solid par on the 17th as Shane Lowry was self-destructing behind him, and a shot into the 18th that plopped down near the pin and settled five feet away for birdie.

"Might be one of the best shots I've ever hit under the circumstances," Johnson said.

He finished at 4-under 276, the lowest winning score in nine U.S. Opens at Oakmont.

THE ASSOCIATED PRESS

SOCCER

Historic day for Albania

EURO 2016
GROUP STAGE

It's going to be a long three days for Albania as the small Balkan country waits to find out if it's to qualify for the knockout stages of the European Championship.

Albania kept its hopes of qualifying for the round of 16 alive with a 1-0 victory over Romania on Sunday in Lyon, a result that eliminated its opponent.

The result meant Albania, playing in its first major tournament, went above Romania in the group rankings into third place with three points, and still in with a chance to make the round of 16.

"It was historical for us to reach the European Championship's final stages, and finally we have won the three points," Albania centre back Arlind Ajeti said via a translator. "We have made history."

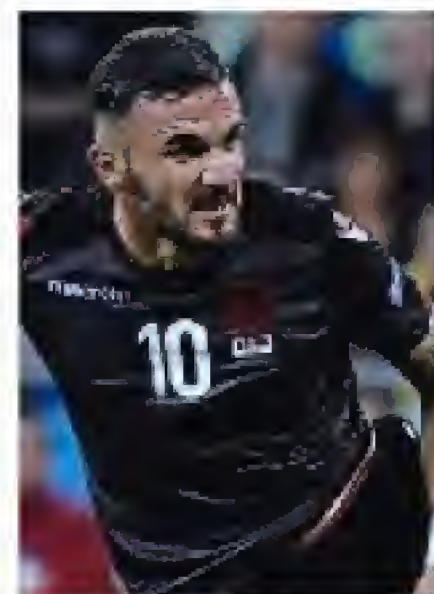
Ajeti and the Albania team will have to wait until the group stage of Euro 2016 finishes on Wednesday before it finds out whether it will be one of the four third-place teams to make it through to the next round.

Armando Sadiku scored the sole goal in the match and Albania's first in an international competition in the 43rd minute with a header.

In Lille, France's played Switzerland to a 0-0 draw.

The result ended up suiting both, with France taking first place in Group A and the Swiss advancing in second place.

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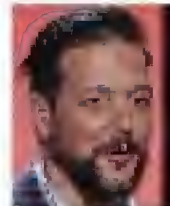
Albania goalscorer Armando Sadiku. GETTY IMAGES

HOCKEY NIGHT IN CANADA

Sources: Ron to swap back in for Strombo

George Stroumboulopoulos won't return as host of Hockey Night in Canada next season, sources tell Torstar News Service.

His replacement will be the man he replaced. Industry insiders say Ron MacLean is expected to return to the show's No. 1 seat just two seasons after Stroumboulopoulos was hired with much fanfare in the wake of Rogers' \$5.2-billion acquisition of NHL broadcasting rights. Prior to that, MacLean occupied



George Stroumboulopoulos
GETTY IMAGES

told the Canadian Press Sunday night that "nothing's official" TORSTAR NEWS SERVICE/
THE CANADIAN PRESS

the job from 1986 until 2014.

The ouster of Stroumboulopoulos marks a strategic about-face for Rogers, which sublicenses Hockey Night in Canada to CBC.

Ron MacLean told the Canadian Press Sunday night that "nothing's official"

NBA



Go to metronews.ca for coverage of Game 7 of the NBA Finals

NASCAR

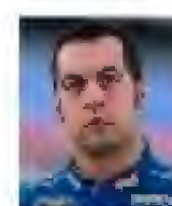
Hornish down to business at Xfinity

Sam Hornish Jr. won three IndyCar championships and an Indianapolis 500 before fading into obscurity as a NASCAR driver.

Sunday's win in Iowa will undoubtedly rank among his most memorable moments.

Hornish, just six days after accepting an offer to race for the first time in 2016 in the vaunted No. 18 car for Joe Gibbs Racing, led 183 of 250 laps for a dominant win at the NASCAR Xfinity race at Iowa Speedway.

Hornish picked up his first



Sam Hornish Jr.
GETTY IMAGES

win in two years, which also came at Iowa's 0.875-mile oval. But Sunday was the first time Hornish's three children were able to see him win, fittingly on Father's Day.

"I can't tell you what this means to me. I worked so hard to try to get a win when I had my kids here," Hornish said.

THE ASSOCIATED PRESS

RECIPE Slow Cooker Pulled Pork



PHOTO: MAMA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada

Don't put your slow cooker away for the summer — nothing keeps your kitchen cooler. This recipe yields enough pork for two dinners. Read tomorrow for the follow-up recipe!

Ready in
Prep time: 30 minutes
Cook time: 8 hours 30 minutes
Makes 8 to 10 servings

- Ingredients**
- 1 3 to 4lb. boneless pork shoulder blade roast
 - ½ cup brown sugar
 - 4 tsp salt
 - 4 tsp chili powder
 - 2 tsp dried mustard powder
 - 1 tsp ground cumin
 - 1 tsp garlic powder
 - 1 tsp ground black pepper
 - 1/2 tsp cinnamon
 - 1/4 tsp ground nutmeg
 - 2 tsp vegetable oil
 - 1/2 cup apple cider vinegar
 - 1/2 cup orange juice
 - 3 Tbsp tomato paste
 - 6 brioche buns

Directions
1. In a small bowl, combine 2 Tbsp of brown sugar, salt, chili

powder, dried mustard powder, cumin, garlic powder, black pepper, cinnamon and nutmeg. Rub the spice mix over the pork.
2. Heat the vegetable oil in a large skillet over medium heat; add the pork and brown all sides for about 10 minutes. Remove the pork from the skillet and set aside on a plate.
3. Add 3/4 cup (185 ml) water to the skillet and whisk into the drippings. Transfer the liquid from the pan into your slow cooker. Add the vinegar, juice, tomato paste and remaining 2 Tbsp (30 ml) of brown sugar to the slow cooker and whisk. Add the pork and cover, cook on low for 8 hours.
4. If the liquid does not fully cover your shoulder you'll need to turn it at the half way point. Remove the pork and transfer to a cutting board. Pour the liquid into a Dutch oven over low heat to keep it warm.
5. Shred the pork, using two forks, or roughly chop. Add the shredded meat to the Dutch oven and combine with sauce. Taste and season with salt,

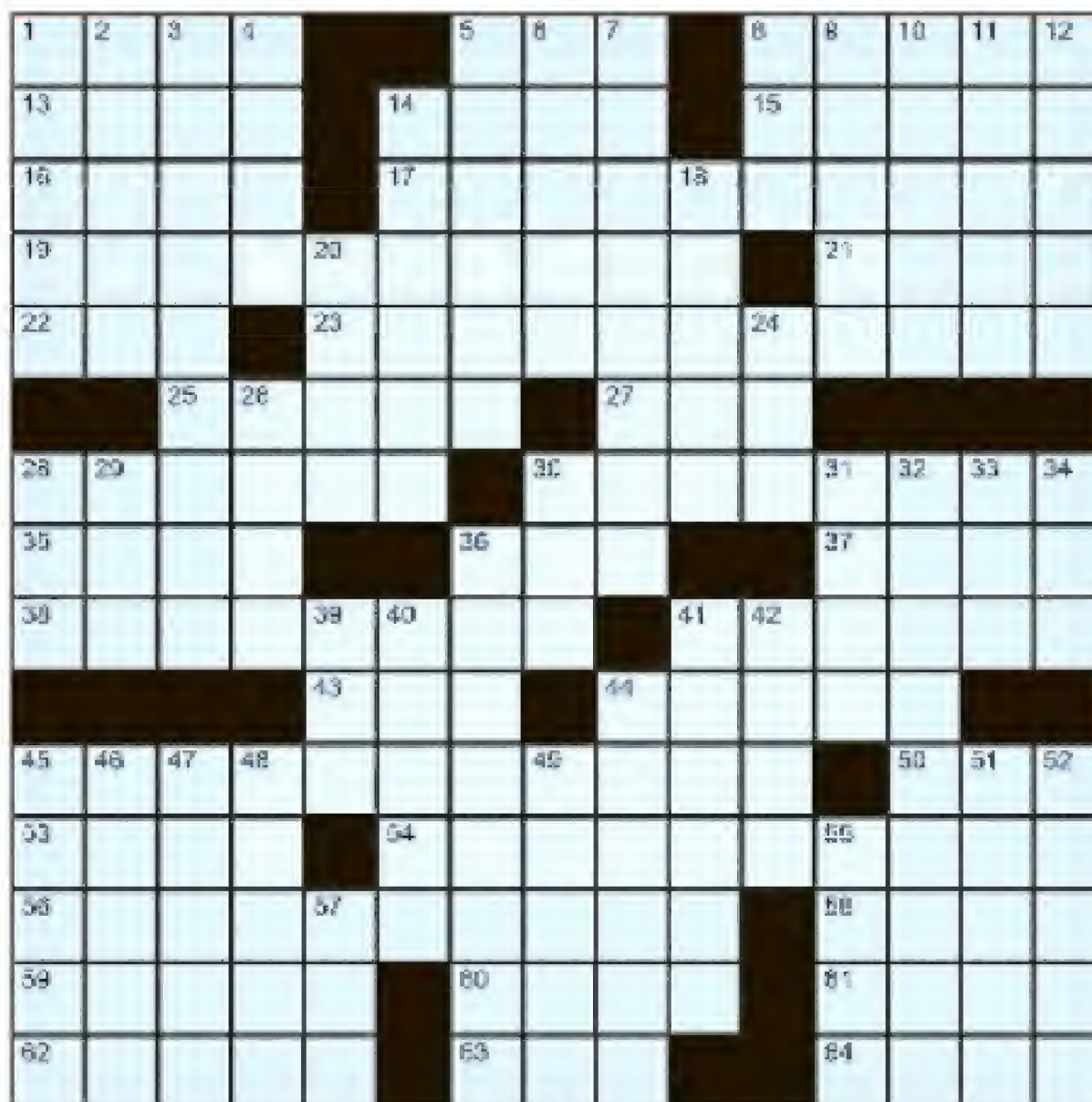
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Caesar's 202
- "Meatballs" (1979) star ...his initials-sharers
- Visibly stunned
- Vases
- du jour (Dish of the day)
- Frasier's TV brother
- Amble
- Canoe stabilizers in Hawaii
- BeaverTail or Nainimo Bar: 2 wds.
- Cafe au
- 'Mountain' suffix
- It's new and is regarded as one of the top courses in the world by #54-Across: 2 wds.
- Tidies, say
- Even if, briefly
- City in California
- One of Canada's acting Ryans
- Celebration
- Scam
- Additional
- Tackle box item
- Serious Skincare entrepreneur, Jennifer (Sylvester Stallone's wife)
- Popular tree
- with nature
- Molson Canadian: 3 wds.
- Actress Ms. Ling
- Architect Mr. Saarinen
- Game on the green publication: 2 wds.
- Television spot, often: 2 wds.
- Irish souvenir
- John Keats, for one



- Weight allowance
- Ancient Dead Sea land
- Mr. Autry's
- Canonized Mlle.
- Ballpark figs.

DOWN

- Hex

- "Gladiator" (2000) star Russell
- Nova Scotia... #23-Across' western shores locale on Cape Breton Island
- KT Tunstall's "Sud-danly"
- Comments-in-snippets

- California city, San
- Dorothy (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)
- Director Mr. Lee
- Bennifer movie of 2003

- Robert Frost poem, Treader
- Fort flourish
- "Hey there..." library sounds
- salad (Picnic dish)
- Must scratch, must scratch...
- Our na-

- tional hwy.
- Half of England's cap.
- Bible book, e.g.
- Tripled letter meaning 'really loud' in music
- 1989 David Byrne album: "... Momo"
- Seoul's locale [acronym]
- Its capital is Muscat
- Hippy's necklaces: 2 wds.
- Soft & (Antiperspirant brand)
- OTT hockey player
- Consoles
- She'd opposite
- Branch to knowledge suffix
- Dog sniffing the kibbles bag meaning: 2 wds.
- Ms. Loughlin
- Earlier
- Obscure
- Writer Charles' bookish surname
- Mr. Shimerman of "Star Trek: Deep Space Nine"
- Racket
- Puffiness
- Tie type
- List components
- Lea Michele's old show
- Fire dept. ranks

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's impossible to meet the demands of home and family as well as the demands of your job and your career today because of the Full Moon. Just cope as best you can.

Taurus April 21 - May 21
This is an accident-prone day for your sign because of the high emotions due to the Full Moon today. The key to avoiding an accident is to stay mellow and calm.

Gemini May 22 - June 21
Disputes about money, shared property and inheritances might arise today. Wait a few days, and this conflict will diminish considerably. (Full Moon today.)

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is why relations with partners and close friends are so testy and challenging! Mum's the word.

Leo July 24 - Aug. 23
Be easygoing and understanding with co-workers today, because today's Full Moon energy puts everyone on edge. A little patience can go a long way.

Virgo Aug. 24 - Sept. 23
Parents should be patient with their kids today because of the Full Moon energy. Meanwhile, this same advice applies to romantic partners. Oh yeah.

Libra Sept. 24 - Oct. 23
A family member might make demands on your time today; nevertheless, you have to focus on work. This is a tough choice, and you have to make it.

Scorpio Oct. 24 - Nov. 22
Travel plans might be stressed. People are on edge because of the Full Moon today. Avoid controversial subjects like politics, religion and racial issues.

Sagittarius Nov. 23 - Dec. 21
This is not a good day to address financial disputes or arguments about inheritances and shared property. Wait until the Full Moon is over. (Even tomorrow is a better day.)

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon in your sign all year is taking place. This is why you feel so much emotion within you! Take caution about overreacting with others.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and clients today, because everyone can feel the Full Moon energy. Tomorrow is a much easier day. Just coast today.

Pisces Feb. 20 - March 20
Romantic partners might be at odds today because of the Full Moon energy. However, even friends might have disputes. Stay mellow, because this is so temporary.

CONCEPTIS SUDOKU by Dave Green

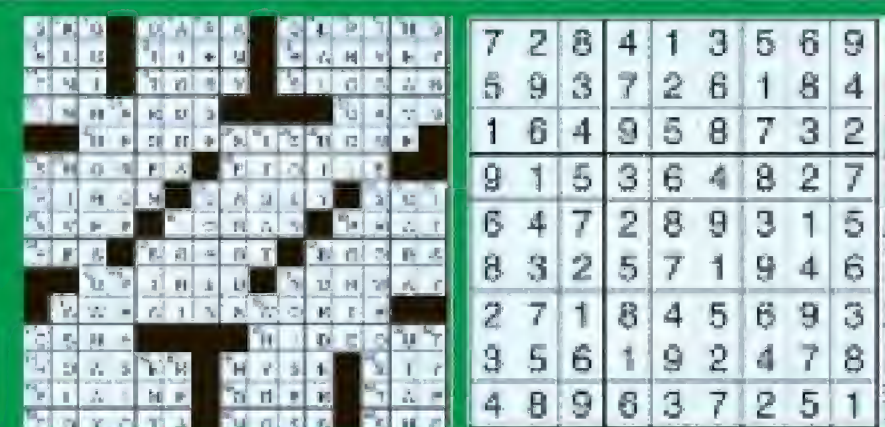
Every row, column and box contains 1-9



FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



metro
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Join our online reader panel and help make your Metro even better. metronews.ca/panel



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